



## SANGRIA-SMOKED TROUT

### BRINE:

6 c. water

2 c. brown sugar

1 c. rock salt

1 c. table salt

Seasonings of choice (optional): curry, tarragon, grated lemon peel, minced garlic - experiment to find favorite

### MAIN INGREDIENTS:

4 trout, gutted (1-1½ lbs. each)

4/5 qt. sangria

2 lemons, juiced then sliced

Water

Olive oil

Garlic salt

Wood chunks for smoking: each species imparts a unique flavor, so choose your favorite

**Now We're  
Cookin'!**  
with  
**Martha Daniels**

Using a container that is low & flat enough to completely immerse trout, combine brine ingredients and mix well (don't worry about the rock salt not dissolving). Add trout to the brine, seal the container and chill overnight. Before smoking, thoroughly rinse brine from the fish and allow to air dry.

Preheat the smoker with a low heat charcoal fire for 30-45 minutes before adding trout. Pour sangria in water pan and top off with water. Add seasonings of choice to water pan, place trout on grill and cover. . Maintain the low heat but periodically add wood chunks to keep smoker smoking. After 5-6 hours, brush the exposed (up) side of the trout with a mixture of olive oil, lemon juice and garlic salt...then top with lemon slices and re-cover until done. Cooking time will vary, but allow 6-7 hours total smoking time.